



# THE TRACKER CORPORATE MTB CHALLENGE SERIES 2013

## RULES & REGULATIONS



### Race Rules

The rules and regulations pertaining to **The Tracker Corporate MTB Challenge Series 2013** may change slightly in the weeks leading up to the race. The final version will be communicated at the race briefing on 24 March 2013.

Mountain Bike racing is by nature self-reliant and often held in remote areas. All **Tracker Corporate MTB Challenge Series** competitors must participate with an understanding and acceptance of this ethos.

#### 1. Riders

- 1.1. All riders must be at least 19 years or older on 31 Dec 2013 unless permission is granted by the Chief Commissaire prior to the event.
- 1.2. All riders must be healthy, and in a very fit state of training.
- 1.3. All riders must have good technical bike skills for off-road conditions.

#### 2. Categories

- 2.1. Mens Team – 4 Male riders of any age 19 years or older as at 31 Dec 2013
- 2.2. Ladies Team – 4 Female riders of any age 19 years or older as at 31 Dec 2013
- 2.3. Mixed Team – 2 Male and 2 Female riders of any age 19 years or older as at 31 Dec 2013

Please note that in order to qualify for the main prize at the end of the year, the core of the team must consist of no fewer than two riders who have done all three races.

#### 3. Medical Condition

- 3.1. Participants may only start any stage of this race if they are in good physical and medical condition.
- 3.2. During **The Tracker Corporate MTB Challenge Series** the Senior Medical Officer reserves the right to withdraw any participant who he may deem physically or psychologically incapable of continuing with the race.

#### 4. Registration

- 4.1. .
- 4.2. It is NOT required that bikes be brought to registration. No rider will be allocated their race number until the race organizers are in possession of an indemnity form signed by the rider.
- 4.3. No late registrations will be accepted, unless arranged with the Race Office.

#### 5. Race Briefings

- 5.1. A full race briefing will take place at half an hour before the advertised start time.
- 5.2. Riders are expected to attend these as important information related to possible changes to the following day's stage and particular hazards could be announced.
- 5.3. Riders who do not attend the race briefings and are not aware of changes made will not be accommodated if they miss their start time, or any similar issue related to their not attending the race briefing.

#### 6. Prize Giving and Award Ceremonies

- 6.1. An award ceremony will be held to present the riders with awards.
- 6.2. All riders receiving an award are required to attend.

#### 7. Bicycles

- 7.1. Only mountain bikes in good, safe working order, at the discretion of the Chief Commissaire, will be allowed to start the stage each day. Unprotected sharp bar ends, in-operative brakes, etc will not be permitted.
- 7.2. Maintenance of the bicycles used in the race is the responsibility of each participant and the Chief Commissaire reserves the right to insist that a participant repair or attend to a bicycle should the Commissaire be of the opinion that it is unsafe or dangerous.
- 7.3. The participants must start and finish the event with the same bike.
- 7.4. Riders may not change their bike or frame of their bicycle during the race without the permission of the Chief Commissaire. Change of a frame will only be allowed in the case of a warranty breakage.
- 7.5. Rims, spokes, tubes, tyres, wheels, gears, hangers, sprockets, cables, brakes, forks and shocks may be replaced.
- 7.6. Limited bike maintenance and spares will be provided by various local bike shops on registration day and after each of the stages.
- 7.7. No outside assistance for bicycle repairs will be allowed during the stages. Participants may only accept assistance from their partner or another competitor in the same race.
- 7.8. Riders are expected to complete the full distance of each stage within the time allowed. Repairs to bicycles during the stage must be carried out within this time limit.

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### 8. Helmets and Riding Attire

- 8.1. Only recognised hard shell cycling helmets complying with recognised standards will be acceptable. The Chief Commissaire will rule on the permitted use of any questionable helmets.
- 8.2. Any riders not wearing their helmets, with the retention strap properly fastened, at any time during the race will be disqualified.
- 8.3. Generally accepted cycling clothing, including a shirt, must be worn at all times during the race.
- 8.4. Proper, fully enclosed cycling shoes, or at least running shoes must be worn.
- 8.5. It is strongly recommended that protective eyewear be worn.

### 9. Compulsory Equipment

Although paramedic and medical services will be provided during the race and for a period after the completion of each stage, the self-reliant and remote nature of a mountain bike race requires that each rider carries the following items to be prepared to deal with emergencies they may experience:

- 9.1. A multi-tool per team to effect repairs to bikes.
- 9.2. At least 1 spare tube per rider.
- 9.3. At least one good pump and a puncture repair kit per team.
- 9.4. At least 1.5 litres of hydration liquid per rider at the beginning of each stage. (2 x water bottles)
- 9.5. At least one cell phone per team.

#### Optional Recommended Equipment

- 9.6. Windbreaker or preferably a lightweight rain jacket.
- 9.7. Sterile First Aid dressings.
- 9.8. Adhesive plasters.
- 9.9. Sun block with a minimum factor of 15.
- 9.10. Foil survival blanket.
- 9.11. Lip Balm
- 9.12. Whistle

### 10. The Race

The race will range in distance from 40 to 45km as advertised per race.

- 10.1. Three feed stations will be provided.
- 10.3. All four Riders must complete the full distances of the race of the race to be classified as an "Official Finishers" and record an official result.
- 10.4. The cut-off time for the race will be 4 and a half hours. [Unless advised otherwise by the Chief Commissaire]

### 11. The Start

- 11.1. The start chute will open 30min before the advertised start.
- 11.2. The start zone closes 10 minutes before the start.
- 11.4. Any riders not in the start zone 10 minutes before the start will be required to start at the back. It is also the riders' responsibility to ensure that they are at the start on time even if the start is delayed for whatever reason.
- 11.5. The start will remain open for 10 minutes after the start for any late starters. Late starters must advise the Chief Commissaire of the late start so that official sweep and other vehicles can be advised accordingly.

### 12. Timing

- 12.1. Timing will start with the start siren.
- 12.2. Riders who start later than 10 minutes after the designated start time will not be included in the stage results and will be responsible to follow the route on their own and to catch up with the sweep vehicle.
- 12.3. Any rider not able to make the start deadline must report to the Chief Commissaire or contact the race organiser 45 minutes before the start for permission to make a late start.
- 12.4. The cut-off time will not be adjusted for any rider permitted to make a late start.
- 12.5. The finish time for the team will be taken on the time of the last rider in the team.
- 12.6. If the team does not finish with all 4 riders they will not be awarded with an official result.

### 13. Rider Identification and Timing

- 13.1. No timing chips (e.g. or Championchip) are required for the event.
- 13.2. All riders must display their **Tracker Corporate MTB Challenge Series** race number at all times during a stage. Riders not displaying official race numbers will be regarded as non-participants, and prevented from continuing on the route by marshals.
- 13.3. Race numbers must be properly attached to the handlebars of the bike with cable ties provided, and must be placed in front of cables etc so as not to be obscured in any way. Riders will be required to remove and reattach numbers if they are found to be obscured.
- 13.4. Riders must not cut, modify or mutilate their race numbers in any way. No stickers may be added or removed.
- 13.5. It is each rider's responsibility to keep their race numbers relatively clean and legible at all times, and no rider may start a stage with a dirty number. Loss of a race number will cost R25 to replace.
- 13.6. Race leaders are obliged to wear the leader jerseys provided.

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### 14. Nutrition and Hydration

- 14.1. Riders must ensure that they keep themselves properly hydrated and carry sufficient nutrition for at least 45km of riding.
- 14.2. **The Tracker Corporate MTB Challenge Series** will provide water, limited volumes of energy drinks, at appropriate refreshment stations on the route.

### 15. Seconding and Support

- 15.1. Riders may not receive outside assistance or help, other than from their team partners or fellow competitors, at any point along route.
- 15.2. No outside seconding, assistance or feeding other than that provided by **The Tracker Corporate MTB Challenge Series** at an official refreshment station is permitted.
- 15.3. Bike repairs may be carried out on the route without outside assistance, but care must be taken not to obstruct other riders.
- 15.4. No towing between riders is allowed, in line with international rules.
- 15.5. Riders are not permitted to draft behind cycles not participating in **The Tracker Corporate MTB Challenge Series**, but may however draft behind other participating riders.
- 15.6. No drafting is permitted behind any vehicles on the route, including private motorcycles and race support vehicles.
- 15.7. Supporters are not permitted to follow or drive ahead of riders or be on any section of the course, while the race is in progress, on any of the stages, but may access a number of vantage points and public road crossings to vocally support the teams. These points will be demarcated on maps and explained at the stage briefings.
- 15.8. Cyclists that are not entered in the event are not permitted to ride on the course or any sections of the course. Refer to Rule 15.2. If such riders are found to be on the course and they can be linked to a participating team, that team will be penalised at the discretion of the Chief Commissaire.

### 16. Withdrawals

- 16.1. Any rider not able to continue the race, for whatever reason, must inform the Race Office immediately. This can be done at the start, the finish, at a feed zone, or preferably by mobile phone (082-550-1628).
- 16.2. In the event of a search and rescue operation being launched for a rider who has withdrawn, but has not informed the Race Office, the cost of such an operation will be for the team concerned. (aka the Ruinaard Clause)

### 17. Protests

- 17.1. Any protests must be submitted in writing, on official protest forms available from the Chief Commissaire, by the team/rider concerned within the allocated time period after crossing the finish line.
- 17.2. If the protest is upheld, the deposit will be refunded. If it is not upheld, it will be donated to **The Tracker Corporate MTB Challenge Series** Jose Cuervo Black Development Fund.
- 17.3. Race protests must be submitted within 15 minutes of the team crossing the line or within 30 minutes of the results being posted respectively. Race results will be posted no later than 16h00 for Stages 1 and 2.

### 18. Ethical and Environmental Considerations

- 18.1. Littering on the stages, damage to property, lighting of fires or damage to the environment will not be tolerated.
- 18.2. Physical and/or abuse of **Tracker Corporate MTB Challenge Series** Crew and Officials, or fellow competitors will not be permitted.
- 18.3. Infringements of the above rules will result in disciplinary action and possible disqualification.
- 18.4. Littering by riders even at feed zones will not be allowed, and riders are requested to kindly use litter receptacles provided.
- 18.5. If a rider is reported for littering at any time in the race, it will lead to immediate disqualification of the rider.

### 19. Traffic Regulations

- 19.1. **The Tracker Corporate MTB Challenge Series** will not have exclusive use of any public or private roads during the race. Owing to the fact that we are guests of the various farmers in the region, we are to respect their wishes to allow them to continue operating their businesses with minimum interruption. For safety reasons, all riders are expected to stop or give way to machines, transport vehicles, until the road is clear and an official or marshal waves the riders on.
- 19.2. Riders must ride with due regard for other road users, and all traffic signs and regulations must be adhered to unless a traffic officer instructs him/her to do otherwise.
- 19.3. Riders are not permitted to ride on the opposite (right) side of the centreline on a public road.
- 19.4. Care must be taken when negotiating "blind corners" on farm and district roads where vehicles and machines may be operating.
- 19.5. Infringements of traffic regulations may result in disqualification.

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### 20. Basic Race Rules and Etiquette

- 20.1. All riders must complete the entire distance of the race.
- 20.2. While utmost care will be taken to mark and marshal the route, the responsibility for following the official route lies with the rider.
- 20.3. No rider is permitted to take any shortcuts, or take advantage of any similar nature over other participants.
- 20.4. Riders who leave the stage for any reason whatsoever must return into the stage at the same place from where they exited it.
- 20.5. Any walking, running, or riding by any rider, with the intention of not directly rejoining the course, or any other activity in breach of the regulations, which takes place outside the demarcated stage area, can result in disqualification.
- 20.6. A rider may not receive any outside technical assistance from anybody, other than a fellow competitor.
- 20.7. Riders must act in a polite manner and permit any faster rider to pass unhindered as soon as conditions allow.
- 20.8. Riders must respect the environment, and ride only on the official demarcated route.
- 20.9. No pollution of any kind is permitted.
- 20.10. No glass containers are permitted.
- 20.11. Riders must not: use abusive language, act in an unsporting manner, and be disrespectful to **The Tracker Corporate MTB Challenge Series** officials, crew, marshals, medical attendants, supporters, the media or the traffic officials.
- 20.12. Riders are expected to administer basic first aid to injured team partners and other competitors, and if required, take necessary steps to summon assistance in the case of a serious injury.

### 21. Doping

- 21.1. **The Tracker Corporate MTB Challenge Series** reserves the right, in terms of SA Mountain biking rules and regulations, to implement doping tests on any riders.
- 21.2. Positive results will result in immediate disqualification, and forfeiture of any result by the rider concerned.

### 22. Penalties and Disqualification

- 22.1. The penalties below serve as a guideline for transgressions of the rules, but where any additional rule interpretation is required, or where specific provision for any incident has not been made in these rules, the decision of the Chief Commissaire is final.

Sect.	Offence	1st Offence	2nd Offence	Remarks
6.2	Not Attending Awards Ceremony	Warning	30min TP	
7	Bicycles	Disqualified		
8.1	Helmets	Disqualified		
10.4	Time cut-off	DNF		
11.3	Start cut-off	DNS		
13	Rider Identification	Warning	30 min TP	Repeat offender disqualified
15	Seconding & Support	1 hour TP	Disqualified	
19	Traffic Regulations	1 hour TP	Disqualified	
20	Basic Rules	1 hour TP	Disqualified	
21	Doping	Disqualified		

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### Prize Money and Categories

#### Overall Winner after all 3 Events

Mens Team	1st Place	R 5 000-00
Ladies Team	1st Place	R 5 000-00
Mixed Team	1st Place	R 5 000-00

The following categories will be allocated to teams

Mens' Team – 4 Male riders of any age 19 years or older as at 31 Dec 2013

Ladies Team – 4 Female riders of any age 19 years or older as at 31 Dec 2013

Mixed Team – 2 Male and 2 Female riders of any age 19 years or older as at 31 Dec 2013

The event winners in each category will receive a trophy and hamper at prize giving.

Each event forms part of a series, and the overall winner teams will walk away with **R 5000 for their favourite charity**. In addition, you will have the honour of being the **2013 Tracker Corporate MTB Challenge Series Winner**.

Points will be allocated to each team in the respective categories after the race has finished and the team with the most points will be awarded the Series win at the final prize giving after the 3<sup>rd</sup> race at Monaghan Farm.

#### Points Allocation:

1 <sup>st</sup> Place:	100 Points
2 <sup>nd</sup> Place:	75 Points
3 <sup>rd</sup> Place:	50 Points
4 <sup>th</sup> to 10 <sup>th</sup> Place:	20 Points
11 <sup>th</sup> to 20 <sup>th</sup> Place:	15 Points
21 <sup>st</sup> to 50 <sup>th</sup> Place:	10 Points

5 Points will be awarded to every team that finishes.

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